

# Rhodiola rosea

Rhodiola rosea has a long history as a valuable medicinal plant with high versatility in preventing and alleviating a wide range of medical conditions, including depression and anxiety. It has been used for centuries in Europe and Russia, and scientific studies have confirmed its benefits. It may be most helpful for the symptoms of fatigue, sleep, and concentration.

Rhodiola rosea enhances transmission of serotonin, dopamine, and norepinephrine in the brain; it also has antioxidant and neuroprotective properties. It reduces cortisone-releasing factor, a major stress-hormone involved in the link between depression and stress.



*Rhodiola rosea* is a plant with bright orange flowers

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## Choosing a product

A good product contains close to 3% rosavins and 0.8% salidroside, the two key ingredients. There are several products available at [www.drugstore.com](http://www.drugstore.com) which are close to this. Which product you choose may depend on the dose each tablet comes in and the price.

I have no way to evaluate the quality of different brands. Some brands did not list the amount of salidroside. The only brand I found which had the correct ratio of ingredients was *Nature's Way* at [www.drugstore.com](http://www.drugstore.com).

## Dosage

The dose range used in research studies is 100-680 mg/day (usually 200-400 mg/day). Since it is very well tolerated, you can start by taking 1/2-1 per day of the tablets in your bottle and increase to around 300 mg/day after a few days.

## Side effects

Rhodiola rosea appears to have an excellent safety profile. Side effects are uncommon and mild, and can include allergy, irritability, insomnia, fatigue, and unpleasant sensations, especially at high doses.

## Interactions

Rhodiola rosea does not appear to interact with other medications.

—Chris Aiken, MD, updated 7/5/2025